

Health Mate



Vol. 36

September 2000

"Failures are divided into two classes-those who thought and never did, and those who did and never thought."

John Charles Salak

Cholesterol Counts for Everyone

Put forth from National Heart Lung & Blood Institute- NIH

"Keep the beat—Cholesterol counts for everyone" continues to be the theme for Cholesterol Month 2000. This theme reinforces the idea that cholesterol lowering is important for all Americans, regardless of age, sex, and whether or not coronary heart disease (CHD) has been diagnosed. Those who have CHD and those who would like to prevent it both benefit significantly from cholesterol lowering.

For men and women

Clinical trials addressing cholesterol lowering and CHD in middle-aged men with and without CHD have shown that men benefit greatly from cholesterol lowering. Recent clinical trials have shown that women benefit from cholesterol lowering as much as men. Because the lifetime risk of developing CHD is high for both men and women even before the age of 40, it is important to begin cholesterol lowering as early as possible. One out of every 2 men aged 40 and younger, and 1 out of every 3 women aged 40 and younger, will develop CHD sometime in their life.

For Young Adults

It has been shown that atherosclerosis begins during the teen years and early 20s. High cholesterol levels in young adulthood significantly increase the risk for developing CHD later in life. The Framingham Heart Study showed that young adults with lower cholesterol levels have greater longevity and lower cardiovascular mortality. This has recently been confirmed in a very large pooled study. [Citation: Stamler J, Davignus ML, Garside DB, Dyer AR, Greenland P, Neaton JD. Relationship of baseline serum cholesterol levels in 3 large cohorts of younger men to long-term coronary, cardiovascular, and all-cause mortality and to longevity. *JAMA*. 2000;284:311-318]. Establishing a healthy eating pattern and other

positive habits early in life is an important step in keeping CHD risk low. It is important to measure cholesterol levels in young adults so that life habit changes that decrease the lifetime risk for CHD can be initiated early. Waiting until mid-life to measure and treat cholesterol can be costly. Approximately one-third of first CHD events are fatal, leaving no second chance. Once CHD has become manifest, there is usually a lot of atherosclerosis to treat. Although cholesterol lowering in those with CHD has been shown to be highly beneficial, once CHD is present it is not possible to eliminate all of the excess risk.

For Older Adults

Among older Americans, cholesterol lowering is beneficial for those with CHD as well as those trying to prevent it. As a group, older Americans (over 65 years) have the highest rate of CHD. Up to three-quarters of older individuals have either obvious or subclinical disease. Even among men who reach 70 years of age without obvious CHD, 1 out of every 3 will still develop the disease in his remaining years; among women free of CHD at age 70, 1 out of every 4 will go on to have the disease. Furthermore, clinical trials in people with CHD and in primary prevention demonstrated that older participants reduce their CHD risk with cholesterol lowering as much as middle-aged ones. Of particular interest is that cholesterol lowering also reduced the occurrence of strokes in older persons. In older adults, life habit changes are the foundation of treatment for primary prevention, and a combination of life habit changes and drug therapy will often be needed in those with CHD.

TIPS TO HELP YOU CONTROL CHOLESTEROL

National Cholesterol Education Month 2000

- ☐ **Take control of your health. Know your cholesterol numbers—Be an active partner with your healthcare professional in getting and keeping them in control.**
- ☐ **Take control of your grocery shopping. Read food labels—Choose foods low in saturated fat and cholesterol.**
- ☐ **Take control of portion sizes. Learn what one serving or portion looks like.**
- ☐ **Take control of your weight. Aim for a healthy weight.**
- ☐ **Take control of your refrigerator. Stock it with fresh fruits, vegetables, and low-fat or fat-free dairy foods.**
- ☐ **Take control of your activity level. Do moderate physical activity—like brisk walking—for at least 30 minutes on most, and preferably all, days of the week. No time? Do 3, 10-minute segments on as many days as you can.**

Visit the cholesterol-lowering Web site at www.nhlbi.nih.gov/chd/. Call 1-800-575-WELL and get free information including recipes on lowering cholesterol and preventing heart disease.

The Mid-Atlantic Region Health Promotion Program will sponsor cholesterol screenings (rotating unit sites), in conjunction with kicking off our new lifestyle assessment: Personal Wellness Profile (PWP). For interest contact your Unit Health Promotion Coordinator to encourage him/her to schedule your site. HQ is scheduled for September 28, 2000. More info will be posted.

Fit and Well Workshop

If you haven't signed up yet... time is running short. It's a great opportunity!!!

***Sponsored by Mid-Atlantic
Health Promotion Program (Room B419)***

- Struggled your whole life or just recently with weight issues?
- Feeling or anticipating that middle aged spread?
- Trouble getting off the post baby weight?
- Want to look and feel better?
- Want to turn over a new leaf of healthier living?
- Tired of saying "I know what to do" but you still aren't doing it?

a **FREE** two all day approach to get you started

(September 18 – 19) @ CGHQ, includes:

- ☐ Personal Assessments
- ☐ Education
- ☐ Resources
- ☐ Group Support

**RSVP ASAP E-Mail Paula Bawer
(pbawer@comdt.uscg.mil)**

Calories while Eating Out

Studies show that American's consume 1/3 of their daily calories away from home. When dining out, don't forgo healthy nutritional practices. Ask the waiter to box half of your meal up in advance, ask for a side of veggies, drink water or unsweetened tea instead of soda, order your meal without the fattening extra's

(i.e. mayo, butter), etc. Remember, you're the paying customer and that close attention to the details makes a huge difference.

Antioxidants

Antioxidants are chemicals that protect the body against the oxygen-induced damage to cells in our body. Because such cell damage is associated with increased cancer risk, antioxidants are thought to protect against cancer and other fatal diseases.

Foods rich in antioxidants include fruits, vegetables, and whole grains. However, because of the way many foods are made, and because optimal antioxidant protection far exceeds the minimum RDA's, it may be necessary for you to take a high quality multi-vitamin and mineral supplement.

The Best Time to Exercise

By Chad Tackett (Global-fitness.com)

Everyone can agree that exercise is a good way to stay physically fit and enjoy a healthy lifestyle. You'll feel better, have more energy and your whole outlook on life will be one hundred percent brighter than someone who fails to find the time to exercise. In short, exercise is a win-win situation that should be a part of your daily routine.

But when exactly is the best time to exercise? Is it first thing in the morning, before you enjoy that first cup of coffee? Or is the best time to exercise right after dinner, so you can work off that extra helping of mashed potatoes that somehow ended up on your plate?

If you are a person who exercises regularly, you may have already found a routine that's just right for you. But on the other hand, if you find your exercise time varies from day to day, and it's wearing you down instead of perking you up, then you need to learn how to listen to your internal clock to determine the best time of the day to schedule your exercise routines.

For example, you might be a person who wakes up very early everyday, and you are perfectly comfortable with beginning your exercise routine that time of the day. If it works for you, and you feel you are getting the most benefits from exercising at that hour, then keep at it. If it's not broke, don't fix it.

But say you have to force yourself to get up early to fit in a half hour of jogging or other type of exercise, just because of your work schedule. Maybe you're not having fun with the

program you are on, and it's making you miserable. That is something that is broken, and you need to learn how to fix it.

The best time of the day to exercise lies in your circadian rhythms, the daily cycles that our bodies follow. These rhythms regulate everything from body temperature and metabolism to blood pressure. Scientists and physicians have been studying body rhythms to help people determine the best time of the day they are the most productive, the most creative, and will reap the benefits of exercise.

Our bodies have conformed to a twenty-four hour light-to-dark cycle and each of us can determine when we are able to work at a particular task at peak performance. Ever hear someone say "I'm just not a morning person?" That person should not try and squeeze in an exercise program early in the morning.

Scientists have determined that it is the influence of circadian rhythms on body temperature that seems to yield the most control over the quality of a workout. When your body temperature is at it's highest, your workouts will probably be more productive. When your body temperature is lower, chances are your exercise session will be less than ideal. Your body temperature is usually at its lowest point anywhere between one to three hours before you wake up in the morning.

However, by late in the afternoon your body temperature reaches its peak. Medical studies have shown that people who exercise during the time of the day when their body temperature is at its highest produce better performance and more power. Muscles are warm and more flexible, your reaction time is quicker, and you are at your peak strength.

Try this little experiment to determine your own circadian peak in body temperature. Record your temperature every few hours for 5 consecutive days. You will discover that your body temperature usually fluctuates anywhere up and down 1.5 degrees. You should try to exercise anytime during the period three hours before and after your highest temperature.

Your schedule may not allow you to always exercise at the most optimum time of the day, but remember, a healthy exercise program is a sure way to a happier and healthier lifestyle.

Americans Watch Fat, Ignore Calories

More than two-thirds of American adults trying to lose weight sabotage themselves because they do not combine calorie-cutting with stepped-up physical activity. Further, cutting fat does not always lead to curtailed calories. The Journal of the American Medical Association reported a nationwide survey which produced statistics similar to others: 35% of men and 40% of women who said they were

trying to lose weight are not counting calories. Many are eating less fat, but they may be consuming as many, or more, calories from low-fat foods -- usually because consumers replace butter with jam and milkshakes with sodas. Even those who are combining exercise and calorie reduction often aren't exercising enough, researchers said. Only 42% of the men and 37% of the women who said they were trying to lose weight are meeting federal recommendations of at least 150 minutes of exercise each week. (Source: FitnessLink Staff)

For a Health Immune System- Practice Stress Reduction

Stress triggers an overproduction of neuro-chemicals which, in turn, lowers natural immune functions. That's why the common cold takes hold during trying times. The body simply hasn't the strength in the immune system to fight it off. And chronic stress increases your chances of suffering from heart disease, asthma, diabetes and inflammatory bowel disease. Refocus your energy with progressive relaxation, meditation or positive imaging, and get adequate sleep to keep your immune system strong. (Source: Health-e Headlines, <http://www.health-eheadlines.com>)

Snuffing the Urge to Smoke

By: Joan Stephenson, PhD

A medication used to treat psoriasis can help a smoker light up less frequently by partially blocking the body's ability to metabolize nicotine, according to new research supported by the National Institute on Drug Abuse (NIDA), published in the July 2000 issue of *Clinical Pharmacology and Therapeutics*.

Heavy smokers typically work to maintain blood nicotine levels to prevent the discomfort of withdrawal by lighting up or by using a nicotine patch or gum. But researchers at the University of Toronto have discovered that the urge can be partly suppressed with a drug called methoxsalen, which reduces the activity of a nicotine-metabolizing enzyme called CYP2A6.

By making nicotine linger longer in the blood, methoxsalen can improve the effectiveness of oral nicotine replacement in lowering a smoker's craving for nicotine. The researchers also found that when smokers taking the drug do smoke, they take fewer and shorter puffs on each cigarette.

The research opens up a new approach to treatment that "can help smokers substantially reduce their exposure to the deadly particles of tobacco smoke while they

overcome the addiction to nicotine that makes it so hard to quit," said NIDA director Alan I. Leshner, PhD.

Protein for Performance Carbs for Cool

Glucosamine, widely touted as an effective treatment for arthritis, is a natural substance found abundantly in the human body. As we age, we lose some of the glucosamine in our connective tissue, leading to the thinning of cartilage and the onset and progression of arthritis. In human clinical trials, glucosamine taken orally in doses of 750 to 1,500 milligrams daily initiated a reversal of degenerative osteoarthritis of the knee after two months. Younger athletes might also benefit from glucosamine, as previous studies have corroborated findings that supplementation can aid in the repair and growth of connective tissue.

Science Lesson: Your body's connective tissue is composed of collagen and proteoglycan (PG). PGs are huge structural macromolecules comprised mainly of glycosaminoglycans (GAGs), which are long chains of modified sugars. The primary GAG in PG is hyaluronic acid, of which 50% is glucosamine. Glucosamine is made from the combination of a sugar and an amine (a derivative of ammonia containing nitrogen (N) and hydrogen (H) atoms). Glucosamine is the preferred substance in synthesizing PG.

(Information compiled by FitnessLink staff from "Glucosamine: Nature's Arthritis Remedy" by Ray Sahelian, M.D., and "Avery's Sports Nutrition Almanac," edited by Edmund R. Burke and Daniel Gastelu.)

The Finish Line

Imagine how completely frustrating and confusing it would be to run a race in which there was no clearly defined finish line. How would you know which direction to run? How would you keep from wasting your efforts? How would you find the drive and motivation to go forward, if you didn't even know where forward was?

With no finish line, not only would you not know where you were going, you'd also have no way of knowing how to get there. To run the race, you must know where the finish line is and you must follow a course that will get you to that point.

The same is true for any accomplishment. It's crucial to know exactly where you are going and to determine the precise course of action which will get you there. A vaguely conceived finish line can never be crossed.

Do your efforts today have a clearly defined finish line? Are your efforts moving you along the course which will reach that goal? Or are you just running around in circles? The only way you can win the race is by knowing exactly where to run.

Source: Global-fitness.com

Not Enough Sleep?

BLAME IT ON THE LIGHT BULB

One hundred years ago, Americans slept about nine hours a night. Since then, the average has dropped to less than 7 hours. According to sleep disorder research, that's not enough. If your personal or professional life requires you to lose sleep, here are some things you can do to help you access restful, high-quality levels of sleep more quickly:

- ❑ Avoid eating a late dinner. A full stomach often means a level of discomfort that keeps you awake.
- ❑ Exercise. Just 20 minutes a day (but not before bedtime) will boost your metabolism and help relieve sleep-robbing stress.
- ❑ Dress (or undress!) for sleep, then spend a few minutes doing something that helps you unwind. (Contributed by Ronda Gates, <http://www.rondagates.com>)

Feeling Pain with Your Sport?

Become Ambidextrous

If you play a sport and sometimes have low-back pain, try becoming a little ambidextrous. Rotating your lower back and hips constantly to one side may lead to low-back pain. Try warming up with your opposite side as well as your favored side. During rest periods, stay warm with some movements that use your opposite side as well. Basketball players frequently use both sides of the body at the same time and use either side frequently throughout the game. Tennis usually involves one side far more than the other. (From the Cal-Berkley Wellness Letter, courtesy of Exercise at About.com, <http://exercise.about.com/bltip.htm>)

Nutritional Needs with Breast Feeding

Q: I just had a baby two months ago and was wondering what my new calorie/protein/fat/carb intake should be? I am breastfeeding but need to lose about 13 lbs. to get back down to my normal weight. I am currently at 150 lbs. and want to be at 137 lbs. I am 24 years old and lift weights 2-3 times a week for 20 minutes and do cardio 4-5 times a week for 40 minutes

A: While you are breastfeeding, your body will hold onto extra fluid and fat in order to support the nutritional needs of your baby. You may find that no matter what you do, your weight may not go down for another four months or so.

As far as calories, you want to consume at least 2100 calories a day to support breastfeeding. If you are exercising heavily, however, you may want to shoot for 2500 calories on days you exercise. Water intake is the most important nutrient you need to make breastmilk. If your baby is cranky or not wetting at least six diapers a day, it may mean that you are not drinking enough water. The color of your urine is also important. It should be pale yellow or clear. If darker, you need to drink more... try to consume at least 8-10 eight-ounce glasses of water a day.

Protein needs during this time are about the same as prior to pregnancy. So, please refer back to the nutritional program Lisa developed for you last year. I believe the best way to plan your meals is to count nutrients. Two servings of protein a day is minimal along with two servings of fruits and three-to five servings of vegetables.

You also need three servings of milk products to get your calcium and 6-9 servings of breads, legumes, and grains. Try to limit your fat intake to 25-30% of your diet and watch your intake of calorie-dense foods like pasta, potatoes, and white bread.

Bonnie Berk, RN, BS, CES, CPFT
GHF's Maternity Fitness Expert
Source: Global-fitness.com

Creatine

Q: I am thinking about using creatine to put on more muscle. I am not exactly sure what creatine is, and I am a little confused w/ all the different products out there, some with "advanced transport" or similar types claims. Can you help clear this up for me, and also can you tell me how best to supplement with it? Any side effects?

A: Creatine is a naturally occurring amino acid that is found mostly in the skeletal muscle of the body. Creatine's main use is to help replenish the ATP that is used up during the initial phase of any type of activity. (ATP is the compound needed to supply energy for the

initial phase of any type of physical activity.) During short and intense bouts of exercise ATP levels are depleted very quickly. At that time the body must utilize it's creatine stores in order to replenish the lost ATP as quickly as possible.

This is where the importance of creatine supplementation really shows. Because, when creatine stores are increased through supplementation, the body is able to utilize the extra creatine in replenishing the lost ATP at a much quicker rate than normal. But, what does that mean?

Well, it means that more repetitions may be completed during each lifting set in the weight room and less time is needed to recover during any type of exercise. This translates into increased exercise performance and faster results from the amount of work put in. (i.e. quicker gains in muscle size and strength) But, how should you supplement with creatine?

The best way to supplement with creatine is to go through what we call a "loading phase," which usually lasts for five days. This is done to saturate your muscles with the maximum amount of creatine that they can hold. After that you will only have to take enough each day to maintain those saturated levels. The loading phase should last for five days, and 5 grams of creatine should be taken four times daily. Following that only 5 grams (10 grams for those weighting over 200 pounds) need to be consumed each day in order to maintain muscle creatine saturation.

I recommend you stay on the creatine until you don't feel that it is helping and then go off for about two weeks. I can't tell you exactly how long to take it because everybody is so different and will react to creatine supplementation differently. You will just have to play around with it a little bit and see what works best for you.

The timing with creatine supplementation is also important. Creatine should be taken in conjunction with meals in order to increase the uptake into the muscles. Another great time to take creatine is directly after a workout when insulin levels are still high. This will also enhance the uptake of creatine into the muscle.

Creatine may be purchased in a pure powder form or in a combination with carbohydrates. To be honest it really doesn't make a difference which kind you decide to take. If you purchase the kind that is combined with carbohydrates you will not have to consume it with a meal to enhance the uptake.

If you purchase it in the pure powder form it will need to be consumed with a meal or mixed in with a drink that contains carbohydrates, such as fruit juice or non-diet soda. It doesn't really make any difference, so just select which of these two methods you prefer.

At this time there are no negative side effects associated with creatine supplementation. The only other side effect associated with creatine, besides getting bigger and stronger, is that it causes water retention for the first few days. But I definitely don't consider water retention a negative side effect anyway; I consider it an added bonus. The more hydrated the body is, the better. (Source: Global-fitness.com)

Exercise Can Help Control Stress

How it works:

People who exercise regularly will tell you they feel better. Some will say it's because chemicals called neurotransmitters, produced in the brain, are stimulated during exercise. Since it's believed that neurotransmitters mediate our moods and emotions, they can make us feel better and less stressed.

While there's no scientific evidence to conclusively support the neurotransmitter theory, there is plenty to show that exercise provides stress-relieving benefits.

Four ways exercise controls stress Exercise can help you feel less anxious. Exercise is being prescribed in clinical settings to help treat nervous tension. Following a session of exercise, clinicians have measured a decrease in electrical activity of tensed muscles. People have been less jittery and hyperactive after an exercise session.

Exercise can relax you. One exercise session generates 90 to 120 minutes of relaxation response. Some people call this post-exercise euphoria or endorphin response. We now know that many neurotransmitters, not just endorphins, are involved. The important thing though is not what they're called, but what they do: They improve your mood and leave you relaxed.

Exercise can make you feel better about yourself:

Think about those times when you've been physically active. Haven't you felt better about yourself? That feeling of self-worth contributes to stress relief.

Exercise can make you eat better. People who exercise regularly tend to eat more nutritious food. And it's no secret that good nutrition helps your body manage stress better.

It's time to get started:

Now that you know exercise can make a big difference in controlling stress, make some time for regular physical activity. We'll help you get started by listing three activities you can choose from:

1. **Aerobic activity.** All it takes is 20 minutes' worth, six to seven days a week. Twenty minutes won't carve a big chunk out of your day, but it will improve your ability to control stress significantly.
2. **Yoga.** In yoga or yoga-type activities, your mind relaxes progressively as your body increases its amount of muscular work. Recent studies have shown that when large muscle groups repeatedly contract and relax, the brain receives a signal to release specific neurotransmitters, which in turn make you feel relaxed and more alert.

3. Recreational sports. Play tennis, racquetball, volleyball or squash. These games require the kind of vigorous activity that rids your body of stress-causing adrenaline and other hormones.

Not just any exercise will do:

Don't try exercising in your office. Outdoors or away from the office is the best place to find a stress-free environment. Even a corporate fitness center can have too many work-related thoughts for some people.

Stay away from overcrowded classes. If you work surrounded by people, a big exercise class may be counterproductive. Solo exercise may be more relaxing for you. If, however, you work alone, you may enjoy the social benefit of exercising in a group. A lot depends on your personality and what causes stress for you.

Don't skip a chance to exercise. Take a break every 90 minutes and you'll be doing yourself a favor. Ninety-minute intervals are a natural work-break period. And four 10-minute exercise breaks at this time will burn about as many calories as a solid 40-minute session. Work-break exercises can be as simple as walking or climbing stairs, stretching or doing calisthenics.

Controlling stress comes down to making the time to exercise. You're worth it!

This article was provided by our partners at ACE, the American Council on Exercise. Please visit their site at <http://www.acefitness.org>

How Can Physical Activity Become a Way of Life

If you aren't in the habit of being physically active, you're probably being told you should start. That's because you can help reduce some dangerous risk factors — like high blood pressure — when you are physically active. Vigorous activities, such as cycling, walking, jogging, on a regular basis also can help you lose weight and reduce your cholesterol level, two other risk factors for heart disease. The time to start is now!

Sports such as basketball, tennis, racquetball and soccer are aerobic exercises if they're played with a lot of energy.

How do I start?

- Talk to your doctor about activities that are right for you.
- Choose a starting date that fits your schedule and gives you enough time to begin your program, like a Saturday.
- Wear comfortable clothes and shoes.
- Start slowly — don't overdo it!
- Try to exercise at the same time of day so it becomes a regular part of your lifestyle. For example, you might walk every Monday, Wednesday and Friday (during your lunch hour) from 12:00 to 12:30.

- Drink a cup of water before, during and after activity periods greater than 30 minutes in length.
- Ask a friend to start a program with you — use the buddy system!
- Note your activities on a calendar. Write down the distance or length of time of your workout and how you feel after each session.
- If you miss a day, plan a make-up day or add 10 - 15 minutes to your next session.

What will keep me going?

- Get your family to participate in fun activities! It's great to have a support system, and you'll be getting them into an important health habit.
- Choose activities you like and make sure they're convenient for you. If you need good weather, have a back-up plan for bad days (e.g., when it rains, walk in the mall instead of the park).
- Learn a new sport you think you might enjoy, or take lessons to improve at one you know.
- Use variety to keep your interest up. Walk one day, take a swim the next time you exercise, then go for a bike ride on the weekend!
- Join an exercise group, health club or YMCA.
- Try renting a few exercise videotapes to find the one(s) you like best. Then you can buy one or more and have a good workout in the comfort of your own home!
- Get yourself in a regular routine so being physically active becomes a habit that you do automatically.
- If you stop for any length of time, don't lose hope! Just get started again — gradually — and work up to your old pace.

What else should I know?

- Try not to compare yourself with others. Your goal should be enjoyment and personal fitness.
- Decide how you like to exercise and then exercise that way. Think about whether you like to be alone or with other people, outside or inside, what time of day is best.
- Don't quit if you miss a week. Remind yourself of all the reasons you started. Also think about how far you've come!
- Don't push yourself too hard. You should be able to talk during exercise. Also, if you don't feel normal again within 10 minutes of stopping exercise, you're working too hard.

How can I learn more?

- Visit our Physical Activity Web site, www.justmove.org, for tips, news, and an on-line diary.
- Talk to your doctor, nurse or health care professional. Or call your local American Heart Association at 1-800-242-8721.
- If you have heart disease, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.

Do you have questions or comments for your doctor?

- Take a few minutes to write your own questions for the next time you see your doctor.
For example:
Should I take my pulse?
Can I exercise "too much?"

Making Time for Strength Training

By Chad Tackett

This article is for those of you who have very limited time to devote to exercise, but are serious about getting or staying in shape. Most fitness experts agree that even devoting 30 minutes to strength training two or three times a week is sufficient for strength and muscle development.

Many people make the mistake of adding more exercises and sets to their program to make it harder. To increase intensity, do not look for ways to do more exercise, look for ways to do the same or even less, by efficiency. Try to increase the intensity and shorten your workout time by using the following methods....

Note: To read the rest of this week's fitness article, please go to <http://www.fitnesslink.com/fitnesslink.htm>

Andro: Ban on the Horizon

President Clinton's drug policy advisor Barry McCaffrey is on the warpath. "I've got to do something about andro", he said in a speech to the Citizenship Through Sports Alliance.

Androstenedione, the performance-enhancing, muscle- building supplement that became all the rage after home-run champ Mark McGwire admitted using it in 1998, will likely be classified as a steroid within the next few months. According to About.com's sports medicine guide Elizabeth Quinn, McCaffrey said andro already meets two of three tests used by government laboratories to determine whether a substance is a steroid. He suspects it will meet the third, as well.

Andro is currently banned by the International Olympic Committee, the NCAA, the NFL and the men's and women's tennis tours. Source: FitnessLink.com
(Shannon Entin, Editor)



Inspiration Point



One Step Forward

Even when you're moving slow, you're making progress. It's certainly better to move forward slowly than to not move forward at all. When you feel you're stuck, take one small step forward. Though it may not get you very far, it will alter your momentum in a major way. In an instant you'll change from someone who is not going anywhere to someone whom has taken control and is moving ahead.

You can find the strength to do just one thing to move yourself forward. And that one thing is infinitely better than doing nothing. Though sometimes you'll move ahead more quickly, the important thing is to maintain a positive momentum.

If you've had a setback, choose one thing that you can do right now that will get you back on track. You won't make up for all lost ground right away, yet you will keep yourself headed in a positive direction.

Take one step forward. Then take the step after that. Keep moving steadily toward the goal, and though the going will at times be slow, if you maintain your positive momentum you will most certainly get there.

"Commitment is what turns a promise into reality. It is the words that speak boldly of your intentions. And the actions that speak louder than words.

It is making the time when there is none. Coming through time after time after time, year after year after year. Commitment is the stuff character is made of; the power to change the face of things. It is the daily triumph of integrity over skepticism." - Author Unknown

Just this once

If you find yourself planning to do something "just this once" watch out. It means you're about to compromise your own values. Whatever it is, you already know it's wrong.

When you have to use "just this once" to justify your action, that's a very good reason to avoid the action altogether. "Just this once" has a way of quickly turning into "I got away with it before, so I can do it again." You'll find yourself on a slippery slope, sliding ever downward into a hole of despair and regret.

Don't fool yourself into thinking that "just this once" will bring you anything of value. You already know it won't. When you find yourself saying "just this once" stop it in its tracks by saying "I'll continue to be strong." "Just this once" is the tiny tip of an enormous wedge of compromise which can quickly drive your best interests far away from you. Refuse to let it get a foothold. Be strong in the little things and you'll be successful in the big things.

Healthy Habits

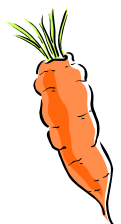
Make small adjustments to your everyday life and see tremendous results over time.

This months Healthy Habit: EXERCISE OF THE MONTH

Crunch and Fly

- ❑ Lie on your back on a bench, knees bent and feet flat on the floor. Hold a dumbbell in each hand, with your arms straight above your chest and your palms facing each other.
- ❑ Keeping your elbows bent slightly, lower the arms outward until the elbows are just below the level of the bench.
- ❑ Contract the abdominals and allow your shoulders, head and neck to lift slightly off the bench. At the same time, press the arms back up the starting position. Imagine you are hugging a big barrel in front of you.
- ❑ Slowly lower the torso and repeat.

(Works the chest, neck and abdominal muscles).



Nutrition Tip Of The Month

Eating a carrot a day is "like signing a life insurance policy," writes Irena Chalmers in "The Great Food Almanac."

Getting your carrot-a-day is easy, considering the vegetable's versatility and blendability. Here are a few ideas:

- ❑ Cook grated carrots with beans, split peas, lentils, rice, pastas. Good in stuffing.
- ❑ Toss grated carrot with potatoes for hash browns.(Toss in grated zucchini and minced onion, too.)
- ❑ Add to sauces, white or red. Grated carrots give body and impart subtle flavor, and they fit any tomato-y or creamy soup, sauce, or casserole.
- ❑ Mix finely-ground carrots into peanut butter for a new kind of crunch.

For more on carrot power and some simple, tasty recipes, see:

<http://www.fitnesslink.com/nutrition/carrots.shtml>



Recipes



This month's recipes are compliments of National Heart Lung and Blood Institute for National Cholesterol Month.

Mediterranean Baked Fish (Makes 4 servings)

2 tsp olive oil	1/4 cup lemon juice
1 large onion, sliced	1/4 cup orange juice
1 can (16 oz.) whole tomatoes, drained (reserve juice) and coarsely chopped	1 tbsp fresh grated orange peel
1 bay leaf	1 tsp fennel seeds, crushed
1 clove garlic, minced	1/2 tsp dried oregano, crushed
1 cup dry white wine	1/2 tsp dried thyme, crushed
1/2 cup reserved tomato juice, from canned tomatoes	1/2 tsp dried basil, crushed
	to taste black pepper
	1 lb fish fillets (sole, flounder, or sea perch)

- ☐ Heat oil in large nonstick skillet. Add onion, and saute over moderate heat 5 minutes or until soft.
- ☐ Add all remaining ingredients except fish.
- ☐ Stir well and simmer 30 minutes, uncovered.
- ☐ Arrange fish in 10x6-inch baking dish; cover with sauce.
- ☐ Bake, uncovered, at 375° F about 15 minutes or until fish flakes easily.

Makes 4 servings. Serving Size: 4 oz fillet with sauce

Per serving: calories: 177; total fat: 4 g; saturated fat: 1 g; cholesterol: 56 mg; sodium: 281 mg

Source: *Stay Young at Heart Recipe Card*

Jamaican Jerk Chicken (Makes 6 Servings)

1/2 tsp cinnamon, ground	1/2 tsp salt
1/2 tps allspice, ground	6 cloves garlic, finely chopped
1-1/2 tps black pepper, ground	1 cup onion, puréed or finely chopped
1 Tbsp hot pepper, freshly chopped	1/4 cup vinegar
1 tsp dried hot pepper, crushed	3 Tbsps brown sugar
2 tps oregano, crushed	8 pieces chicken, skinless (4 breasts,
2 tps thyme, crushed	4 drumsticks)

- ☐ Preheat oven to 350° F.
- ☐ Combine all ingredients except chicken in large bowl. Rub seasoning over chicken.
- ☐ Marinate in the refrigerator for 6 or more hours.
- ☐ Evenly space chicken on nonstick or lightly greased baking pan.
- ☐ Cover with aluminum foil and bake for 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less cooking time than the breasts.

Makes 6 servings. Serving size: 1/2 breast or 2 small drumsticks
Per serving: calories: 199; total fat: 4g; saturated fat: 1g; cholesterol: 81mg; sodium: 267mg

Spaghetti with Turkey Meat Sauce (Makes 6 servings)

As needed nonstick cooking spray	2 cloves garlic, minced
1 lb ground turkey	1 tsp dried oregano, crushed
1 can (28 oz) tomatoes, cut up	1 tsp black pepper
1 cup finely chopped green pepper	1 lb spaghetti, uncooked
1 cup finely chopped onion	

- ☐ Spray a large skillet with nonstick spray coating. Preheat over high heat.
- ☐ Add turkey; cook, stirring occasionally, for 5 minutes. Drain fat and discard.
- ☐ Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to a boil; reduce heat. Simmer covered for 15 minutes, stirring occasionally. Remove cover; simmer for 15 minutes more. (If you like a creamier sauce, give sauce a whirl in your blender or food processor.)
- ☐ Meanwhile, cook spaghetti in unsalted water. Drain well.
- ☐ Serve sauce over spaghetti.
- ☐

Makes 6 servings. Serving Size: 5 oz sauce and 9 oz spaghetti
Per serving: calories: 330; total fat: 5 g; saturated fat: 1 g; cholesterol: 60 mg; sodium: 280 mg
Source: *Stay Young at Heart Recipe Card*

Smothered Greens (Makes 5 servings)

3 cups water	1/2 tsp thyme
1/4 lb smoked turkey breast, skinless	1 stalk scallion, chopped
1 Tbsp hot pepper, freshly chopped	1 tsp ginger, ground
1/4 tsp cayenne pepper	1/4 cup onion, chopped
1/4 tsp cloves, ground	2 lbs greens (mustard, turnip, collard,
2 cloves garlic, crushed	kale, or mixture)

- ☐ Place all ingredients except greens into large saucepan and bring to a boil.
- ☐ Prepare greens by washing thoroughly and removing stems.
- ☐ Tear or slice leaves into bite-size pieces.
- ☐ Add greens to turkey stock. Cook 20 to 30 minutes until tender.
- ☐

Makes 5 servings. Serving size: 1 cup
Per serving: calories: 80; total fat: 2g; saturated fat: less than 1g; cholesterol: 16mg; sodium: 378mg
Source: *Healthy-Heart Home Cooking-African American Style*

Wonderful Stuffed Potatoes (Makes 8 servings)

4 medium baking potatoes	1 tsp dill weed
3/4 cup low-fat (1%) cottage cheese	3/4 tsp herb seasoning
1/4 cup low-fat (1%) milk	4-6 drops hot pepper sauce
2 Tbsp soft margarine	2 tsp grated parmesan cheese

- ☐ Prick potatoes with fork. Bake at 425° F for 60 minutes or until fork is easily inserted.

- ❑ Cut potatoes in half lengthwise. Carefully scoop out potato leaving about 1/2 inch of pulp inside shell. Mash pulp in large bowl.
- ❑ Mix in by hand remaining ingredients except parmesan cheese. Spoon mixture into potato shells.
- ❑ Sprinkle top with 1/4 tsp parmesan cheese.
- ❑ Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.
- ❑

Makes: 8 servings. Serving size: 1/2 potato each

Per serving: calories: 113; total fat: 3 g; saturated fat: less than 1 g; cholesterol: 1 mg; sodium: 136 mg

Source: *Stay Young at Heart Recipe Card*

Sweet Potato Custard (Makes 6 Servings)

1 cup mashed cooked sweet potato	1/2 tsp salt
1/2 cup mashed banana (about 2 small)	Nonstick cooking spray, as needed
1 cup evaporated skim milk	1/4 cup raisins
2 Tbsps packed brown sugar	1 Tbsp sugar
2 beaten egg yolks (or a cup egg substitute)	1 tsp ground cinnamon

- ❑ In a medium bowl, stir together sweet potato and banana.
- ❑ Add milk, blending well.
- ❑ Add brown sugar, egg yolks, and salt, mixing thoroughly.
- ❑ Spray a 1-quart casserole with nonstick cooking spray. Transfer sweet potato mixture to casserole dish.
- ❑ Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture.
- ❑ Bake in a preheated 325° F oven for 40-45 minutes or until a knife inserted near center comes out clean.

NOTE: If using egg substitutes, cholesterol will be lower.

Makes 6 servings. Serving size: 1/2 cup

Per serving: calories: 144; total fat: 2g; saturated fat: less than 1g; cholesterol: 92mg; sodium: 235mg

Apple Coffee Cake (Makes 20 Servings)

5 cups tart apples, cored, peeled, chopped	2 tsps vanilla
1 cup sugar	1 egg, beaten
1 cup dark raisins	2-1/2 cups sifted all purpose flour
1/2 cup pecans, chopped	1-1/2 tsps baking soda
1/4 cup vegetable oil	2 tsps ground cinnamon

- ❑ Preheat oven to 350°F.
- ❑ Lightly oil a 13x9x2-inch pan.
- ❑ In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
- ❑ Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about a at a time just enough to moisten dry ingredients.
- ❑ Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.

Makes 20 servings. Serving size: 3-1/2 inch x 2-1/2 inch piece
Per serving: calories: 188; total fat: 5g; saturated fat: less than 1g; cholesterol: 11mg; sodium: 68mg
Source: *Stay Young at Heart Recipe Card*



This newsletter is intended solely for the Coast Guard Mid-Atlantic Region in conjunction with the Coast Guard Mid-Atlantic Work-Life Health Promotion Program. It is designed to inform Coast Guard Personnel regarding the latest health information to assist them in developing and maintaining a healthy lifestyle. Articles in this publication are taken from various health resources and are not specifically endorsed by the Coast Guard or the federal government. The contents within are not a replacement for professional medical evaluation, advice, diagnosis, or treatment. Please see your physician or other health care provider for medical advice.

Comments and contributions should be directed to the Editor –
Paula Bawer, Health Promotion Manager
Mid-Atlantic Region Work-Life Staff